



McNeese Cowboy *5k Cross Country Stampede*

Dear Coaches,

With the start of school brings the opening of the high school cross-country season. McNeese State University would like to extend an invitation to your team for this year's **McNeese Cowboy 5K Cross Country Stampede**. The course is a flat fast two loop of Lake Street Ward 3 Recreation Complex.

This year's race will be **October 3rd, 2009**

7:00am Course Inspection
8:00am Open Fun Run
8:45am Women's 5k College
9:15am Men's 5k College
9:45am Varsity Girls 5K
10:15am Varsity Boys 5K
10:45am Junior Varsity /middle school Girls 2 mile
11:15am Junior Varsity / middle school Boys 2 mile
11:45am Elementary Kids ½ mile
12:00pm Awards

The varsity race entry fee is \$5.00 per individual, \$35.00 per team Boys and Girls (\$70.00 maximum per school). Varsity team will consist of a maximum of seven runners. Any other runners can take part in the Junior Varsity race at no charge.

Awards will be given to the top two teams. The top 15 individuals in the Varsity race will be awarded a special edition t-shirt. **Additional T-shirts maybe purchased after the awards for \$10.00 first come first serve.** Awards will be given to the top five Junior Varsity individuals. Coaches will be responsible for timing their own athletes in the JV race!

If you plan on attending contact our office ahead of time so we can plan accordingly.

Initial entries are due no later than Wednesday, September 30th via directathletics. (www.directathletics.com). For further information checkout our website www.mcneesesports.com .

Yours in Running,

Brendon Gilroy

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Head Cross Country Coach McNeese State University